

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Congressional District 2

Serving Cumberland, Harnett, Hoke, Lee, Moore and Wake counties



Mother Reduces Grocery Bill, Involves Children In Shopping

The Bureau of Labor Statistics has reported that the consumer price index for food at home has increased 2.8 percent since February 2011¹. Additionally, the prices of fruits, vegetables, grain products, meats, and dairy foods have increased over the last year.² Increasingly, it has become important for families, especially those of limited resources, to shop wisely and make the most of the foods they have on hand.

The Expanded Food and Nutrition Education Program (EFNEP) offered a series of lessons attended by a mother with a family of five. The participant stated that she wanted to save money on her groceries because it was becoming very expensive to feed her family. The EFNEP Program Assistant taught the participant strategies to help her plan and prepare healthy meals for her family. The participant learned skills to help her plan healthy meals and shop on a limited budget using a shopping list, unit pricing, and comparing products to get the best nutrition at the best buy.

Additionally, the participant learned ways she could involve her children in the grocery shopping.

Following the lesson, the participant started allowing her children to select fruits and vegetables and retrieve some of the items on the grocery list. She shared that it became "a great way to keep the kids focused and teach them about healthier food options." Also, she said shopping trips became quick and efficient. By following the strategies she learned from EFNEP, the participant shared that she learned to feed her family for about \$400 a month, instead of the \$800 she had been spending previously.

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, exercise strategies, and shopping on a limited budget.

Teenager Opens Mind to New Healthy Foods and Recipes

Eating a variety of foods from each of the food groups on *MyPlate* is important for good health. Research shows that children who cook their own food are more likely to eat those foods.³ During a recent 4-H Expanded Food and Nutrition Education Program (EFNEP) lesson, youth at a Cooperative Extension summer day camp in Harnett County learned about the importance of choosing foods from each of the food groups on *MyPlate* and incorporating ways to be physically active throughout the day. As part of a lesson on protein and dairy foods, the group prepared a cheesy scrambled egg dish. During the food preparation, one participant, a 14-year-old girl, helped prepare the recipe but was vocal about her dislike for the way it looked and the ingredients in it. Her mother, a volunteer for the group, shared that her daughter was a picky eater so she would be hesitant to try new foods. As she and the other participants prepared the recipe, the group became excited about the new dish. Each had a role in the preparation of the recipe. When everyone tried the recipe, the participant stated, "Mom! We should make it this weekend!" Her mother shared that she felt encouraged to try new recipes with her daughter. She felt that since her daughter eventually tried the recipe in class and was surprised she enjoyed it, she would have better chances of feeding her new foods at home. Through hands on preparation of healthy recipes, 4-H EFNEP participants learn how to prepare recipes that include the food groups on *MyPlate*, and, as a result, are able to meet the recommendations for healthy eating.

1. <http://missourifamilies.org/features/nutritionarticles/nut401.htm>
2. <http://www.bls.gov/news.release/pdf/cpi.pdf>
3. <http://www.ecoliteracy.org/essays/feeding-our-kids-right-foodand-inspiring-them-eat-it>

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